



Mon	Tue	Wed
<p>3</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Salmon Stuffed Boats</i></p> <p>Couscous</p> <p>Swiss Chard</p> <p>Baked Tomato</p> <p>Peaches</p> <p>1:00 BIG BINGO, lunch room</p>	<p>4</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Pork Chop</i></p> <p>Vegan Split Pea Soup</p> <p>Whole Grain Muffin</p> <p>Garden Salad</p> <p>Tangerine</p> <p>Oatmeal Cookie</p> <p>1:00 Movie, Inglourious Basterds</p>	<p>5</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chop Suey</i></p> <p>Fried Brown Rice</p> <p>Chilled Broccoli Salad</p> <p>Fresh Fruit</p> <p>12:45 Bingo, lunch room</p>
<p>10</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Turkey Meatloaf</i></p> <p>Whole Grain Bread</p> <p>Brussels Sprouts</p> <p>Garlic Mashed Potatoes</p> <p>Fresh Fruit</p>	<p>11</p> <p>8:30 HICAP</p> <p>9:15 Eyeglass Repair</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken Pot Pie</i> (vegetarian available)</p> <p>Confetti Coleslaw</p> <p>Apple</p> <p>1:00 Movie, Amelia</p> <p>2:00 Hearing Screening</p>	<p>12</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Salmon Fillet</i></p> <p>Brown Rice</p> <p>Steamed Spinach</p> <p>Minestrone Soup</p> <p>Banana</p> <p>Pudding</p> <p>12:45 Bingo, lunch room</p>
<p>17</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Swedish Meatballs</i></p> <p>Egg Noodles</p> <p>Baked Tomato</p> <p>Spinach &amp; Cheese Salad</p> <p>Pineapple</p> <p>12:00 WORKSHOP: Healthy Aging</p> <p>2:00 Newcomers Group</p>	<p>18</p> <p>11am Information + Referral</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Pasta Primavera w/ Ham</i> (vegetarian available)</p> <p>Garlic Bread</p> <p>Garden Salad</p> <p>Banana</p> <p>Oatmeal Cookie</p> <p>1:00 Movie, Up in the Air</p>	<p>19</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken A La King</i></p> <p>Brown Rice Pilaf</p> <p>Au Gratin Potatoes</p> <p>Apple</p> <p>12:45 Bingo, lunch room</p> <p>2:00 Senior Advisory Committee Meeting</p> <p>8:00 "Luau under the Palms" Dance</p>
<p>24</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Breaded Cod</i></p> <p>Spanish Rice &amp; Black Beans</p> <p>Garden Salad</p> <p>Parsley Buttered Carrots</p> <p>Orange</p> <p>Sugar-Free Jello</p>	<p>25</p> <p>9:15 Eyeglass Repair</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Oven Roasted Chicken Breast</i></p> <p>Brown Rice</p> <p>Sautéed Fresh Broccoli, Cauliflower &amp; Carrots</p> <p>Peaches</p> <p>1:00 Movie, Invention of Lying</p> <p>1:00 HICAP</p>	<p>26</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Beef Stuffed Bell Pepper w/ Sauce</i></p> <p>Hard Boiled Egg</p> <p>Marinara Noodles w/ Basil</p> <p>Italian Blend Vegetables</p> <p>Fresh Fruit</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p>

Thu	Fri	NUTRITION PROGRAM -
<p>6</p> <p>8:30 Notary Service</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Spinach &amp; Cheese Tortellini w/ Tomato Sauce</i></p> <p>Hard Boiled Egg</p> <p>Potato Salad</p> <p>Baked Eggplant</p> <p>Mandarin Oranges</p> <p>1:00 SALA Appts</p> <p>3:30 Resource Fair</p>	<p>7</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Sesame Orange Chicken</i></p> <p>Brown Rice</p> <p>Green Salad</p> <p>Orange</p> <p>1:00 Movie, Inglourious Basterds</p>	<p>The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m.</p> <p>Recommended sign in time: 11:15 a.m. First come first served.</p> <p> = Meal contains more than 1000mg sodium</p>
<p>13</p> <p>10:30 Dancing, lunch room</p> <p>10:00 VTA Cards</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken Asparagus Pecan Pasta</i></p> <p>Caesar Salad</p> <p>Tropical Fruit Cup</p> <p>Sugar-Free Jello</p>	<p>14</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Breaded Fish</i></p> <p>Whole Grain Roll</p> <p>Sautéed Cabbage &amp; Carrots</p> <p>Sautéed Mushrooms</p> <p>Orange</p> <p>1:00 Movie, Amelia</p>	<p><b>Garden Pasta Salad</b></p> <p></p> <p><b>INGREDIENTS:</b></p> <ul style="list-style-type: none"> <li>1 (16 ounce) package uncooked tri-color spiral pasta</li> <li>1/2 cup thinly sliced carrots</li> <li>2 stalks celery, chopped</li> <li>1/2 cup chopped green bell pepper</li> <li>1/2 cup cucumber, peeled and thinly sliced</li> <li>2 large tomatoes, diced</li> <li>1/4 cup chopped onion</li> <li>2 (16 ounce) bottles Italian-style salad dressing</li> <li>1/2 cup grated Parmesan cheese</li> </ul> <p><b>DIRECTIONS:</b></p> <ol style="list-style-type: none"> <li>Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain.</li> <li>Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.</li> <li>Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well.</li> <li>Chill for one hour before serving.</li> </ol>
<p>20</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Baked Fish w/ Seasonings</i></p> <p>Whole Grain Roll</p> <p>Seasoned Broccoli</p> <p>Sweet Potatoes</p> <p>Fresh Fruit</p> <p>1:00 SALA Appts</p> <p>1:00 WORKSHOP: Find answers on the internet?</p>	<p>21</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken Noodle Soup</i></p> <p>Whole Wheat Roll</p> <p>Squash</p> <p>Salad</p> <p>Cantaloupe</p> <p>Birthday Cake</p> <p>1:00 Movie, Up in the Air</p>	
<p>27</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken Cordon Bleu</i></p> <p>Whole Wheat Noodles w/ Pesto</p> <p>Green Beans</p> <p>Garden Salad</p> <p>Mandarin Oranges</p> <p>1:00 WORKSHOP: All Animal Lovers</p>	<p>28</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chinese Pepper Steak</i></p> <p>Fried Brown Rice</p> <p>Oriental Vegetables</p> <p>Spinach</p> <p>Banana</p> <p>1:00 Movie, Invention of Lying</p>	